



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

## Breastfeeding Resources in the West End

Hospital/Clinic (Please call for a specific address/location)	Day (s)	Time (s)
<b>Breastfeeding Support Line for all San Bernardino County residents</b> (English and Spanish -speaking certified lactation specialists and Internationally Board Certified Lactation Consultants (IBCLCs) are available 24 hours a day, 7 days a week to answer your questions.)  Dial 2-1-1 in San Bernardino County to be connected via telephone with a breastfeeding expert. <b>Free to all breastfeeding mothers and babies.</b>	7 days a week  Dial 211	24 hours a day  Dial 211
<b>San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support</b> (Call for additional information and closest location.) 1-800-472-2321	M, W, Thurs.  Tues.  Fri.	7:30-5 pm  8:30-6 pm  7:30- 4 pm
<b>Breastfeeding Helpline for WIC Chino and Pomona Offices</b> (Call the breastfeeding helpline for additional information.) 1-888-278-6455	M-F	8-6 pm  Answering machine for after hour calls
<b>PHFE WIC Chino and Pomona Offices</b> (Call for additional information and closest location.) 1-888-942-2229	M-F, some locations on Saturday	Varied times, call for more info
<b>Pomona Valley Hospital Medical Center Lactation Center</b> (Call for additional information.) 1798 N. Garey Avenue, Pomona, CA 91767 <b>Free to all breastfeeding mothers and babies.</b> 909-623-6455 or 909-623-MILK	BF Walk-in clinics M, Thurs, Fri  BF Support Class Tues. & Wed.	9-11:30 am  12-2:30 pm
<b>San Antonio Regional Hospital Healthy Beginnings Family Care Center in Upland</b> (Call for additional information.) 1125 E. Arrow Hwy, Upland., CA 91786 (corner of 11th Ave & Arrow Hwy; parking lot is off 11th Avenue) Free initial visit for San Antonio patients who have given birth at the hospital; \$25 fee for non-San Antonio patients , which includes weight and jaundice check. 909-920-6230	M, Tues., Thurs, Fri	9-1 pm
<b>Kaiser Permanente Ontario-Newborn Center.</b> Ask for breastfeeding clinics and/or support group; call for an appointment. (For members only) 1-888-750-0036 or 909-609-3000	M-F	8-5 pm



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

## Breastfeeding Resources in the Central Valley

Hospital/Clinic (Please call for a specific address/location)	Day (s)	Time (s)
<b>Breastfeeding Support Line for all San Bernardino County residents</b> (English and Spanish-speaking certified lactation specialists and Internationally Board Certified Lactation Consultants (IBCLCs) are available 24 hours a day, 7 days a week to answer your questions.)  Dial 2-1-1 in San Bernardino County to be connected via telephone with a breastfeeding expert. <b>Free to all breastfeeding mothers and babies.</b>	7 days a week  Dial 211	24 hours a day  Dial 211
<b>San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support</b> (Call for additional information and closest location.)  1-800-472-2321	M, W, Thurs.  Tues.  Fri.	7:30-5 pm  8:30-6 pm  7:30- 4 pm
<b>IBHS WIC Program and Breastfeeding Support in San Bernardino City</b> (Call for additional information and closest location.)  1-855-424-7942	M-F	8-5 pm
<b>Bosom Buddy Support Group for Breastfeeding Moms in San Bernardino</b> (Spouses and children welcome; call for exact dates and times.) 665 N D Street, San Bernardino, CA 92401 909-708-8158 or 1-855-424-7942 x 309	Two Mondays during the month	Call for times and exact dates
<b>The Wylie Center Maternal Wellness Group at the IEHP Community Resource Center in San Bernardino</b> (Call Christina Gomez at 951.683.5193 as space is limited; bilingual group and infant in arms or carriers welcome.) <b>Note: Starts Jan. 9, 2017</b> 805 W 2nd Street, San Bernardino, CA 92410 www.iehp.org/crc or call 1-866-228-4347	Mondays	9:30-11 am
<b>Arrowhead Regional Medical Center (ARMC) in Colton</b> (Call for more information about breastfeeding support (for babies born at the hospital only), prenatal classes, and postpartum support group) 400 N. Pepper Ave, Colton, CA 92324 909-580-3174 or 580-3300	M-F	8-5 pm
<b>Arrowhead Regional Medical Center (ARMC) Postpartum Support Group</b> (Call for additional information; spouses and babies welcome; open to everyone.) 400 N. Pepper Ave, Colton, CA 92324 909-580-3530	3rd Tues. of the month	11-12 pm
<b>Kaiser Permanente-Fontana Newborn Center.</b> Ask for breastfeeding clinics and/or support group; call for an appointment. (For members only) 1-888-750-0036 or 909-609-3000	M-F	8-5 pm
<b>St. Bernardine Medical Center Family Baby Center</b> – (Located in a separate building near the hospital.) <b>Free to all breastfeeding mothers and babies.</b> 2101 N. Waterman Ave. San Bernardino, CA 92404 909-881-4420	BF Walk-in clinic M, W, F  Breastfeeding support group-meets Thursdays	10-12 pm  1- 3 pm
<b>Community Hospital of San Bernardino Breastfeeding Clinics</b> (Call for additional information.) <b>Free to all breastfeeding mothers and babies.</b> 1725 Western Avenue, San Bernardino, CA 92411 909-806-1816	BF Walk-in clinic Tues. & Fri.	10-12 pm



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

## Breastfeeding Resources in the East End

Hospital/Clinic (Please call for a specific address/location)	Day (s)	Time (s)
<b>Breastfeeding Support Line for all San Bernardino County residents</b> (English and Spanish-speaking certified lactation specialists and Internationally Board Certified Lactation Consultants (IBCLCs) are available 24 hours a day, 7 days a week to answer your questions.)  Dial 2-1-1 in San Bernardino County to be connected via telephone with a breastfeeding expert. <b>Free to all breastfeeding mothers and babies.</b>	7 days a week  Dial 211	24 hours a day  Dial 211
<b>San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support</b> (Call for additional information and closest location.)  1-800-472-2321	M, W, Thurs.  Tues.  Fri.	7:30-5 pm  8:30-6 pm  7:30- 4 pm
<b>Riverside-San Bernardino County Indian Health, Inc. WIC Program and Breastfeeding Support in Grand Terrace</b> (Call for additional information and closest location.) 1-888-268-0008 ext. 4764	M, T, Wed.  Thurs.  Fri.	8-5 pm  8-7 pm  8-2 pm
<b>Loma Linda University Medical Center-Birth and Beyond Education</b> (Call for additional information on exact location, classes, clinics, and moms groups.) 909-558-6262 or 909-558-3500  <b>Free breastfeeding support group meets at :</b> 11215 Mountain View Avenue, Suite 179, Loma Linda CA 92354 (No registration necessary; walk-ins welcome; if you have any questions, please call 909-558-7496.	Varied days and times   W & Fri Sunday	Varied days and times   9:30-11:30 am 3-5 pm
<b>Redlands Community Hospital–BF Clinic Perinatal Services &amp; Family Clinic</b> (Free for Medical and IEHP patients; breastfeeding support group meets Mondays at 10 am and cost \$10 dollars; call for location and appointment.) 909-793-6330	M-F  Mon. (support group meeting)	9-5 pm by appt.  10 am
<b>Inland Empire Breastfeeding Services in Yucaipa and San Bernardino</b> (Call for additional information and location; fee for service.) 714-470-1506	Any day	Call and leave message
<b>Birth Your Way Birth Center in Yucaipa and Cathedral City</b> (Call for additional information and location; fee for service.) 909-343-8766	Any day	Call and leave message
<b>Parkview Community Hospital Lactation Clinic in Riverside</b> (Call for additional information about prenatal/breastfeeding classes, and other maternity services.) Founder's Center 3865 Jackson Street, Riverside, CA 9250 951-688-2211 ext. 4111 or ext. 1491	M-F	By appointment



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

## Breastfeeding Resources in the East End Continued

Hospital/Clinic (Please call for a specific address/location)	Day (s)	Time (s)
<b><u>Best Fed Babies Virtual Breastfeeding Help</u></b> (Provide breastfeeding help via Skype; fee for service.) 951-961-1135	Any day	Call and leave message
<b><u>Lactation Connection</u></b> (Call for additional information; fee for home consultations.) 951-533-3606	Any day	Call and leave message
<b><u>Riverside Community Hospital Breastfeeding Center</u></b> ( Note: Walk-ins welcome until 12 pm; see special needs babies.) <b>Free to all breastfeeding mothers and babies.</b> 951-684-4621	M, W, & F  **3rd Wed.	9-1 pm  **9-11 am
<b><u>Riverside University Health System WIC Program</u></b> (Call for additional info and closest location.) 1-855-748-4376	M-F	8-5 pm
<b><u>Riverside University Health System Loving Support Program/Breastfeeding Support Helpline</u></b> (English and Spanish-speaking certified lactation specialists and Internationally Board Certified Lactation Consultants (IBCLCs) are available 24 hours a day, 7 days a week to answer your questions.) 1-888-451-2499	7 days a week	24 hours a day (after hours, please leave a message)
<b><u>Kaiser Permanente Riverside</u></b> (Ask for breastfeeding clinics and/or support group; call for additional information and an appointment. ) (For members only) 1-866-883-0119 or 951-352-0292	M-F	8-5 pm
<b><u>La Leche League, International-Tri Cities in Redlands</u></b> (Call for help via telephone and leave a message with a La Leche League leader.) 909-433-9331	Any day	Call and leave message
<b><u>Corona Regional Medical Center-Baby Connection Center</u></b> (For babies born at the hospital only; call for location and an appointment.) 951-808-6721	Any day	Call and leave message
<b><u>After Baby Arrival Breastfeeding Support at Rancho Springs Medical Center in Murrieta</u></b> (Fee for consultation; call for location, dates, and times.) 951-440-8428	Any day	Call and leave message
<b><u>Loma Linda University Medical Center in Murrieta Breastfeeding Clinic</u></b> (Free to all breastfeeding moms and babies after delivery; call for times and location.) 951-290-4323 or 951-704-1325	M-F	8-5 pm
<b><u>Breastfeeding Support Services in Riverside County</u></b> (Free home visits from RN/IBCLC; call for additional information.) 951-201-4156 or 951-201-4989	M-F	9-5 pm



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

## Breastfeeding Resources in the Desert/ Mountains

Hospital/Clinic Location (Please call for a specific address/location)	Day (s)	Time (s)
<b>Breastfeeding Support Line for all San Bernardino County residents</b> (English and Spanish-speaking certified lactation specialists and Internationally Board Certified Lactation Consultants (IBCLCs) are available 24 hours a day, 7 days a week to answer your questions.)  Dial 2-1-1 in San Bernardino County to be connected via telephone with a breastfeeding expert. <b>Free to all breastfeeding mothers and babies.</b>	7 days a week  Dial 211	24 hours a day  Dial 211
<b>San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support</b> (Call for additional information and closest location.) 1-800-472-2321	M, W, Thurs. Tues. Fri.	7:30-5 pm 8:30-6 pm 7:30- 4 pm
<b>Community Action Partnership of Kern WIC Program and Breastfeeding Support in Adelanto, Big Bear, Crestline/Lake Arrowhead, Phelan</b> 1-866-327-3074 *Note: Varied times; call for more info and exact address.	M-F	8-4 pm *
<b>Desert Valley Medical Center in Victorville-Birth and Beyond Center</b> (Free to all breastfeeding mothers and babies; call for an appointment.) First dial 1-760-241-8000 then dial ext. 8100 or 8256	Varied days	Call for more info and appointment
<b>Kaiser Permanente-Victorville.</b> Ask for breastfeeding clinics and/or support group; call for an appointment. (For members only) 909-427-3902 or 909-609-3000	M-F	8-5 pm
<b>St. Mary's Medical Center in Apple Valley-Community Health/Mommy and Me Center</b> (Free to all breastfeeding mothers and babies; call for an appointment and more information.) 18077 Outer Hwy 18, Suite 100, Apple Valley, CA 92307 760-242-2311 ext. 8437 or 8443	M-F	9-5 pm
<b>Barstow Community Hospital</b> (Call for an appointment and BF class schedule; breastfeeding support group meets every Thurs. 1-3 pm.) 760-957-3323	M-F	Call for more info and appointment
<b>High Desert Medical Center in Joshua Tree-Labor and Delivery Dept.</b> (Only for patients that deliver at the hospital; provide bedside breastfeeding support.) 760-366-0740	Any day	Call for more info and appointment
<b>Desert Regional Medical Center in Palm Springs-Healthy Beginnings &amp; Maternity Boutique</b> (Free to all breastfeeding mothers and babies; call for additional information.) 760-416-4754	M-F	8-4:30 pm
<b>The Mom and Dads Project in Big Bear Lake</b> (Call for an appointment and more information about classes and location.) (909) 878-2326	M-Thurs.	9-5 pm
<b>Ridgecrest Regional Hospital-Maternal Child Unit-</b> (Lactation services, childbirth classes, as well as to register for classes year round; call for an appointment.) 760-499-3032 (direct line for breastfeeding help) or 760-499-3831 (to register for classes)	M-F	8-5 pm  Call for more info and leave message for call back